

The 10 week programme covers the following:

Self Esteem and Confidence

- Understand core beliefs and self-esteem
- Explore what motivates behaviour choices and the impact of behaviour on self and others
- Understand the links between thoughts, feelings and behaviour
- Learn about self-defeating behaviours and their consequences
- Learn alternative methods of coping
- Develop strategies to raise self-esteem
- Develop the skills to think and behave more assertively

Stress and Anxiety Management

- Understand stress and anxiety
- Learn to manage stress and anxiety
- Learn a mindful approach to relaxation and stress relief

Relationships and Communication

- Understand driver behaviours and the impact on relationships
- Explore the root and impact of negative feelings such as resentment and anger
- Recognise constructive and destructive thoughts and behaviours
- Develop strategies to improve communication, manage conflict and improve relationships

Drop in for Young People

Struggling with stress, anxiety, relationships or self-esteem?

Want to talk to someone about your emotional or mental wellbeing?

Come along to the drop in where you can have a chat with one of our workers

Get information about groups and support services to help you manage how you are feeling

Wednesday afternoons from 1pm-2pm

i-Rock
Rock House
49-51 Cambridge Road
Hastings
TN34 1DT

Contact the EFT for further information on: 01424 72241

Participant Quotes

“I have gained a place at Uni to study Midwifery starting in September and I couldn't have done it without you...” HG

“The course has helped me control my anger when I feel I am going to lose it. I haven't 'flipped' since starting the course and am not reacting to others. I have developed calming ways of helping myself.” ZG

“I'm no longer a quivering wreck. I've got methods in place ...I recognise all of my faulty thinking and its sources and feel calm and collected.” DH

“Thank you. You have helped me to put things in my life to change for the better.” LO

“I have learned how to control my stress levels and ways of thinking differently when I feel anxious. It has helped me to feel less anxious about talking to new people...” HG

“The programme has impacted massively. My anxiety has definitely improved over the 6 weeks. I would like to thank you for really changing my life... It's so incredible what you do.” LC

“I have learned different ways to control how I'm feeling and ways to think.”

KW

“A very interesting course delivered in a welcoming manner that allowed participants to fully engage.” SC



FREE WELLBEING PROGRAMMES For Adults, 16-19 year olds and 12-15 year olds

Our Wellbeing programme provides a 'wrap around' service offering:

- Initial 1:1 meetings
- Assessment of need and individual planning
- Liaison with referring agencies (G.P's, CAMHS, Mental Health Services)
- Practical strategies
- 1:1 support throughout the programme
- Referral on to other services when appropriate
- Follow up after the programme

**Contact the EFT for further information
on: 01424 722241**

